



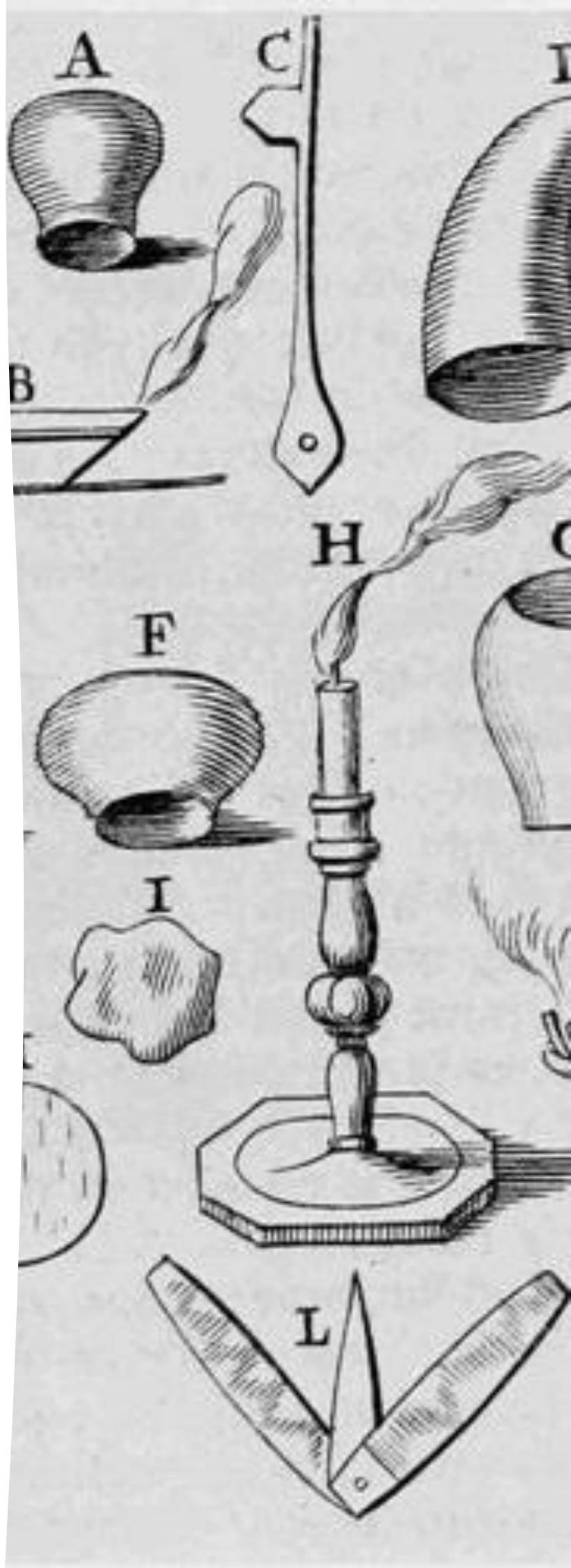
*The*  
FACIAL CUPPING

*guidebook*

BY LISA DOWLING BA, R AC

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# INTRODUCTION

An overview of facial cupping

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**In 1999 I was introduced to cupping therapy by my Japanese Shiatsu teacher. He applied several glass cups using heat and fire suction to my back in order to relieve some severe back pain that I was struggling with.**

Although I was left with several dark circles on my back, my pain was literally gone. This is the reason I got into alternative healing methods. I knew that I was on to something.

**Several years later, I was hired by the same school to start teaching students the very same techniques. I had practiced Traditional Cupping therapy in my clinic for about 10 years and was ready to start sharing with others.**

As time passed, I continued to expand my knowledge of cupping therapy, and came across modern cupping therapy tools and techniques that really appealed to me. I could see that using silicone cups could expand the usage of cupping therapy and give my hands and body a break from the physicality of my shiatsu and acupuncture practice. The more I experimented with silicone cups, the more I admired their versatility and began to see that these incredible vessels could be used in so many ways.

In 2016 I started **the Cupping Revolution™** as a response to a drastic rise in the popularity of cupping therapy. It seemed that many were not being taught safe and sound techniques and lacked access to evidence based information as well as cleaning and disinfection protocols.

**Cupping therapy is a therapeutic application of negative pressure to the surface tissues of the body in order to create space under the cups.**

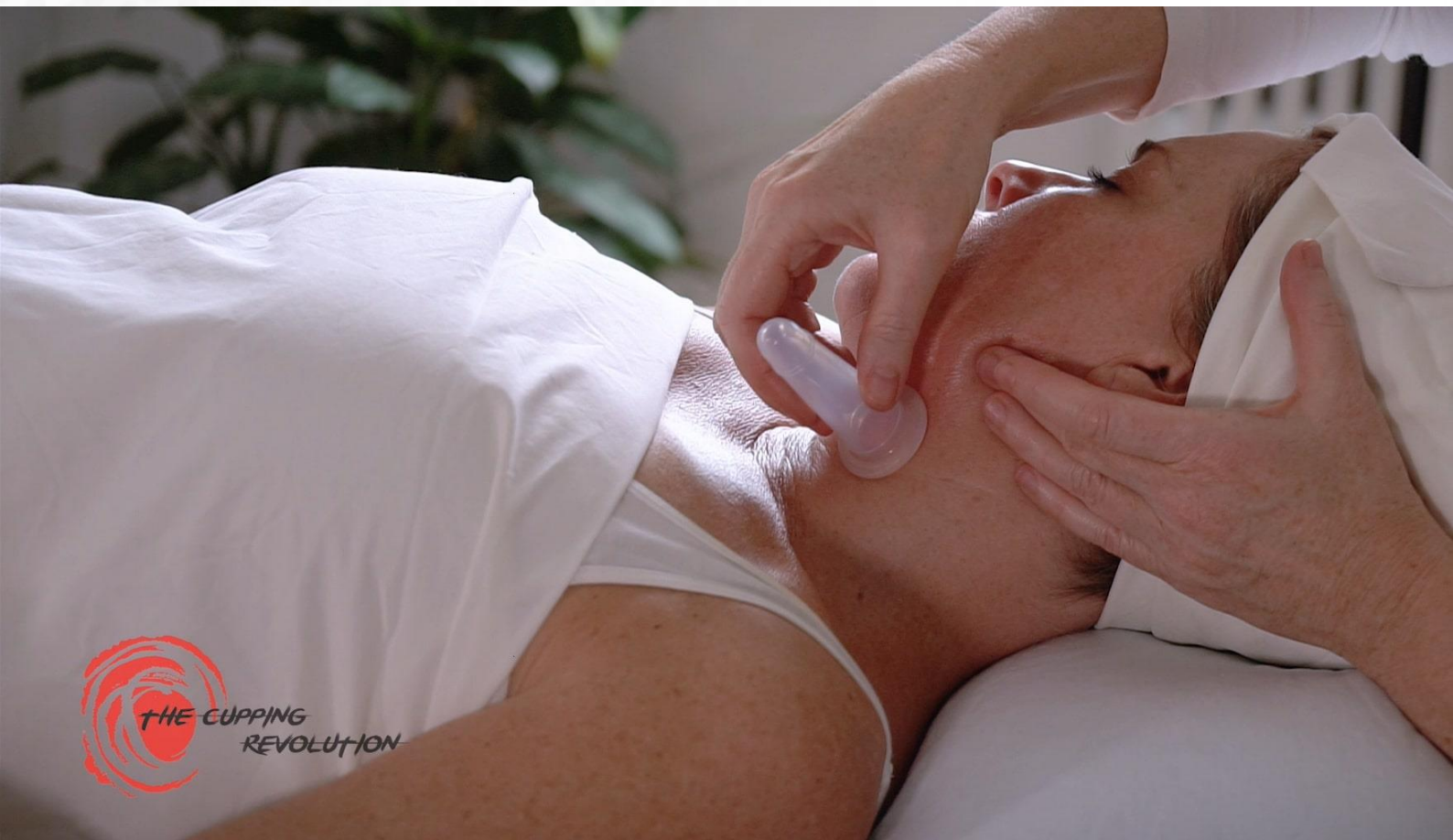
Traditionally, cupping therapy was used to remove foreign objects, draw inflammation to the surface, increase mobility and reduce pain.

Cupping therapy has been practiced worldwide for centuries. Many traditional cultures kept their own set of cups at home in order to treat numerous health conditions.

**Facial cupping is an offshoot of Traditional Cupping Therapy where very small silicone or glass cups are applied to the face and neck to improve circulation and reduce pain.**

# AN OVERVIEW OF FACIAL CUPPING

What is facial cupping?



## Facial Cupping

An extremely gentle form of cupping therapy where the cups are applied to the face and neck with very gentle suction. The goal is to flush the lymph, increase bloodflow, and stimulate collagen production.

There are numerous conditions that facial cupping can be used to treat. Some of those include

- Sinus problems
- Headaches
- Puffiness in the face
- Fine lines and wrinkles
- Sagging in the skin
- Dark circles under the eyes
- TMJ (temporomandibular joint syndrome)
- Bell's Palsy
- Minor skin conditions such as blackheads, acne, certain forms of eczema and rosacea

# Supplies needed for Facial Cupping

## 1. Silicone and Glass Facial Cups



Silicone facial cups are great tools for simplicity and versatility.

They don't break as easily and usually last for many years. They tend to be less expensive so are a great starter cups.

Glass facial cups can be easier to manage the level of suction and have a smaller lip. They work more effectively on certain skin types.

## 2. Facial Oil

Oil must be applied to the face prior to beginning any facial cupping session. It is important that the cups glide easily to avoid damaging the tissue

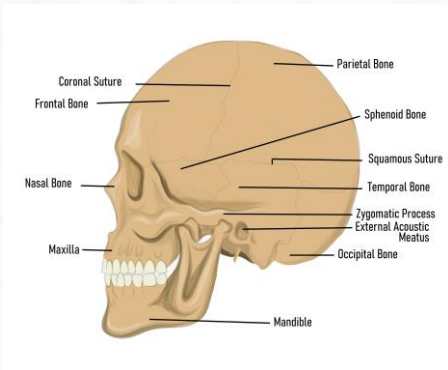


# ANATOMY OF THE FACE AND HEAD

THE STRUCTURES WE ARE TREATING

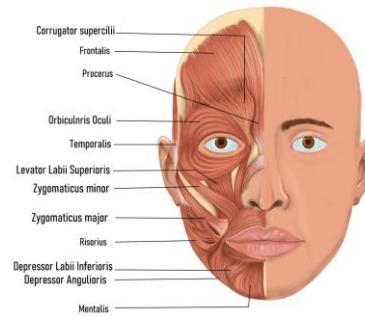
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## The Skull



2

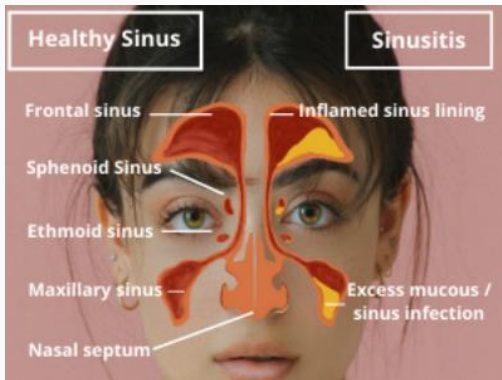
## Muscles of the Face



Face Muscles

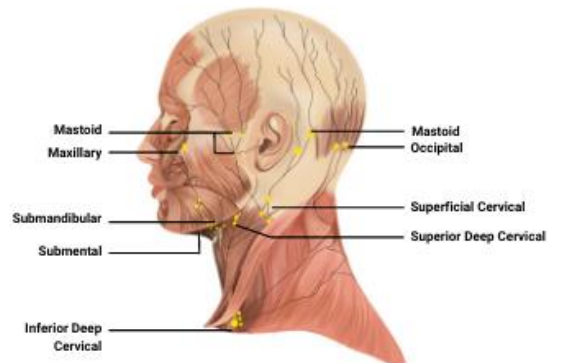
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## The Sinuses



4

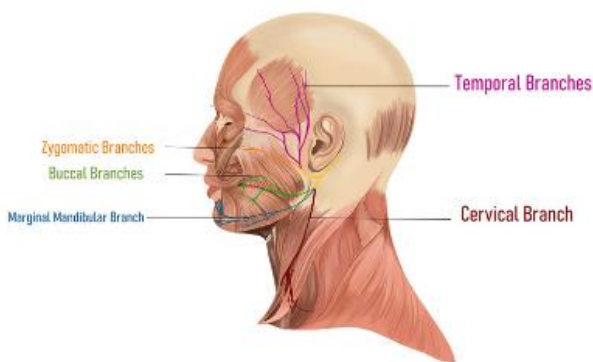
## Lymphatic System



Lymph Nodes of the Head and Neck

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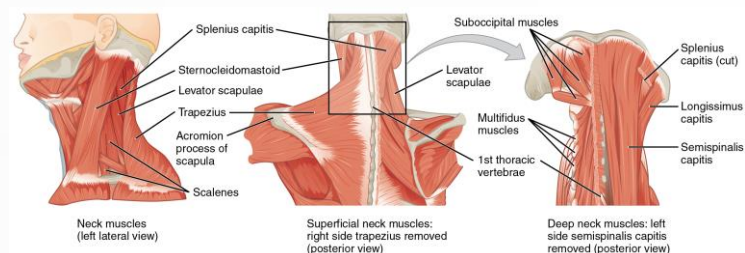
## Facial Nerve



Nerves of the Face

6

## Neck Muscles



# HOW DOES CUPPING WORK?

THE MECHANISM OF CUPPING THERAPY

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**Cupping Therapy** is a method of treating illness that is caused by local congestion. When blood flow is promoted in an area of the body it not only improves the function of the tissues but improved circulation is shown to decrease pain. With proper bloodflow overall health is restored.



One of the many positive side effects of facial cupping is the deep relaxation that clients receive during the session. The treatment is a very light gliding or hold and release movement. Cups should never be retained on the face for longer than 1 second.

Throughout the historical data available, we can see in many cultures cupping was used to reduce pain, muscular tension and injury. It has been readily used to treat many lung conditions as well. The drawing out effect of negative pressure helps to stimulate lung function.

## INCREASED CIRCULATION



By increasing the circulation in the face, facial cupping improves the flow of lymph as well as blood circulation. For this reason we can see an immediate improvement in the tone of the skin, and brightness of the complexion after cupping therapy. The gentle sucking of the cup stimulates collagen production. ■



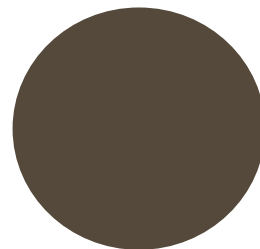
## Cautions for Facial Cupping Treatment

- Health history should be taken from clients prior to administering cupping therapy. Information about any health conditions, or surgery are important. Especially anything related to the circulatory system, heart condition, stroke, blood thinners, hemophilia etc.
- A consent form is recommended for facial cupping to learn about any medication, devices, patches, injections or other contraindicated situations that may be present. Its important to first be safe and do no harm in our treatments.
- Always discuss the potential side effects of cupping with your patients. Patients could feel light-headed or dizzy (low blood pressure), have a temporary increase in symptoms, feel warm, and they can have cupping marks. It is recommended that you discuss the potential for cupping marks before you start the treatment.
- There are considerations to be addressed for all practitioners. It's important to check in with clients to gauge suction. It should feel very comfortable. The cup should move freely on the face. If it does not move freely, remove the cup and re-apply oil, or use lighter suction. The first time receiving cupping, sometimes clients find the experience of negative pressure massage a bit strange.





- Understand your responsibility for proper cleaning of cups, especially when working on the public.
- Cupping is not effective on areas where there is excessive body hair, or irregular angles.
- Avoid performing cupping on areas that have had a spray tan.
- Take extra care with children and the elderly, those with weaker constitutions, chronic illnesses, and immune system or circulatory problems.
- Do not apply strong cupping to the face.
- Cupping is contraindicated on the face at the site of Botox injections.
- The tissue on the face is delicate and can be easily damaged. It also marks very easily.
- Cupping should not be performed right before or after a hot shower, or other hydrotherapy techniques.



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## Cautions for Facial Cupping Treatment

## ***Contraindications for Facial Cupping***

- Do not perform cupping if there is high fever, convulsions or cramps
- Do not cup a client if they have a sunburn. This can tear and further damage the skin.
- Do not cup skin with allergic skin conditions, acne, or ulcerated sores.
- Do not use cupping on inflamed or cut skin, or over existing cupping marks
- Avoid treating patients who have a history of DVT (Deep Vein Thrombosis, AKA Blood clot) or any clotting disorder.
- Avoid cupping over injection sites including patches and fillers



# THE FACIAL CUPPING TREATMENT

How to perform facial cupping



Direction of Facial Cupping

## Cosmetic Cupping Treatment

When performing the cosmetic cupping treatment, one of the main systems that we are working on is the lymphatic system.

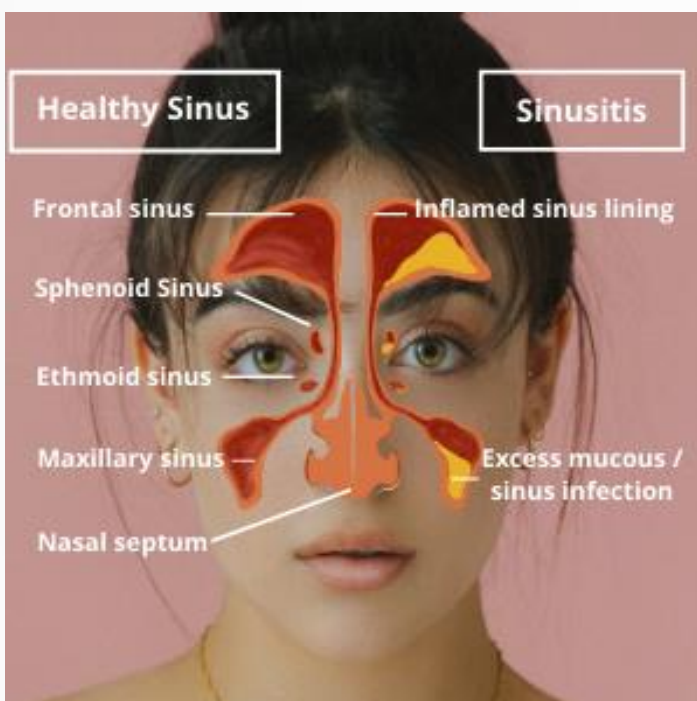
Because the main lymphatic drainage areas are in the space in front of the ears, the cups will always move from the center outwards toward these lymphatic ducts.

The main lymphatic drainage area on the neck is just above the clavicle (collarbone) so the direction on the neck is downward.

When working to reduce or remove wrinkles, find lines and discoloration in the skin, the smallest cup can be used.

The cups can be worked in a gliding fashion only if the tissue is moving without any resistance.

If there is resistance, change to a hold and release technique so that there is no drag on the tissues.



## Sinus Cupping

Facial cupping can be used to release congested, tight, full or dry sinuses.

As the sinuses get chronically congested, the mucous becomes dense and solid making it difficult to release and leading to sinus infection.

The negative pressure effect over the sinus cavities creates space in the sinus and allows the excess mucous to drain.

The anti-inflammatory effect of cupping promotes the immune function helps the body to fight off infection.

Sinus issues can be resolved in 1-3 sessions

# CONDITIONS THAT FACIAL CUPPING CAN TREAT

How Facial Cupping Works

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1

## FACIAL REJUVENATION

By improving circulation, facial cupping stimulates the flow of lymph and blood in the face. The lymphatic system is responsible for removing cellular and metabolic waste – in other words – dirt, old cells, and anything that the body cannot use. Stimulating bloodflow has a number of positive effects including brightening the complexion. Facial cupping also helps to promote the production of collagen, which slows the aging process and lifts the skin of the face.

3

## TMJ (temporomandibular joint syndrome)

When someone struggles with TMJ the two joints of the skull and jaw are not working properly. The TMJ is a complex hinge joint. Often the muscles and tissues around the joint create tension that keep the joint in a dysfunctional position, causing pain. Sometimes it is actual muscle tension and stress that impact the joint in which case cupping and help to release it, reducing or removing pain.

5

## HEADACHES

Headaches are a common condition felt by many. They can arise from many different causes including sinus pressure, weather changes, hormone changes, muscle tension arising from different areas, allergic reactions, interrupted bloodflow to the head and neck, stress, postural misalignment and more. Once the cause of the headache is identified, cupping can reduce or eliminate it completely by relieving the aggravating factor and relieving pain.

2

## SINUSITIS

The function of negative pressure is to create space under the area that is being treated. If you can imagine a sinus cavity, tight and filled with fluid and unable to move freely. When a facial cup is applied locally, it pulls the tissue away from the walls of the sinus cavity, thereby stimulating the sinus to drain. This also allows for the increase of immune cells to fight off bacteria, and end infections and relieve pressure in the head.

4

## BELLS PALSY

Bell's Palsy is a condition that usually comes on suddenly, often after a shock, health concern or traumatic event. It usually effects one side of the face, along the path of the facial nerve. It has the visual impact of 'face drop'. Facial cupping is very effective at stimulating the facial nerve and reducing or eliminating symptoms. It thereby corrects the appearance of "facial drop" and restores facial expression.

6

## PUFFINESS, DARK CIRCLES

Many people suffer from dark circles under their eyes or puffiness in the face. There are different reasons for these symptoms. The skin is the largest organ of absorption and release in the body. Because the face is one of the most exposed areas it tends to take more abuse from the elements. The creams and lotions we apply to the face are absorbed into the skin. By doing gentle facial cupping, proper lymphatic flow is restored. Puffiness and discolouration are reduced, and the skin will have a healthy glow.

# Cleaning and Disinfecting Facial Cups

***If you are performing facial cupping on yourself, and not using the cups on anyone else, only phase 1 is needed. If you are performing professional facial cupping, both phase 1 and phase 2 are needed.***

## Phase 1

- After completing the facial cupping treatment, submerge cups in warm soapy water.
- Use a clean brush or sponge to clean the cups. Wipe away all of oil and residue on the cups.
- Rinse the cups and dry with a clean towel or leave covered to air dry.

## Phase 2

- Submerge facial cups into a low- level disinfectant, and soak for a minimum of 20 minutes. Follow the instructions on your product.
- After disinfection is complete, rinse and dry cups.

***Always store your cups in a covered container so that they do not become contaminated.***

# PRACTICING FACIAL CUPPING

FOR MORE VIBRANT HEALTH, AND YOUNGER, MORE HEALTHY SKIN

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Facial Cupping is an incredibly powerful technique that up until now was unavailable for most as a 100% natural treatment option.

## 100% Natural Skin Care

We are all looking for that “magic bullet” treatment for our face, body and health. It is a totally natural reaction – we are human. Over time, we start to realize that although some techniques are better than others, they could have potentially negative long term effects on our health.

Cupping therapy is a powerful technique that has been used for a number of conditions on humans since the dawn of time. In recent years, new tools have been created that allow for very light treatment on sensitive areas of the body like the face.

Like with any treatment that works well there are potential side effects. These side effects are nothing compared with most chemical and surgical treatments as they last only a few days. Having said that it is important that the treatment is applied carefully and to the right person.

Before practicing facial cupping we always advise people to take training, whether it is an individual or a professional practitioner. It is too easy to miss a detail and end up giving up before you have the opportunity to get all of the benefits from this powerful treatment

## Facial Cupping for Life

*There are amazing benefits to learning how to perform facial cupping treatments one yourself.*

1. **The cost is minimal.** Becoming properly trained in facial cupping and purchasing the cups is the same or less than one treatment from the professional esthetician or skin care specialist.
2. **The range of symptoms that can be treated.** Many seek out Facial Cupping to work on a symptom such as jaw pain, or sinusitis but once they learn the techniques and how effective it is they apply it to so many other conditions.
3. **A quick tune –up.** Rather than having to schedule hours out of your day to receive a full treatment, you can apply quick spot treatments to a small area or choose to treat one part of the face at a time which makes for a very quick and easy solution. For example, I like to do a quick treatment on my face before I go live on video to teach a class so that my skin glows.
4. **Lifetime access.** The commitment to a set of cups and training is a one time investment. You do not have to continue to schedule appointments with your esthetician and pay for each session individually. Alternately you can continue with seeing your own practitioner and use facial cupping on your own at home at your convenience

# **SUMMARY and RULES TO REMEMBER WHEN PERFORMING FACIAL CUPPING**

- 1. Keep the cups moving at all times**
- 2. Cups should never drag on the skin**
- 3. The treatment is a very light gliding or hold and release movement**
- 4. If the cups is not moving easily, it should be removed**
- 5. Cups should never be retained on the face for longer than 1 second.**
- 6. Its important to first be safe and do no harm in our treatments.**
- 7. Certain conditions may not benefit from facial cupping.**

**FOR TRAINING AND MORE INFORMATION:**

**<https://cupping.meridiancarecenter.com/>**